

# Swinging

Count: 48

Wand: 2

Ebene: Improver

Choreograf/in: Linda Cook (UK) - October 2020

Musik: I'm Swinging - Carol Stevens : (Album: I'm Swinging - Amazon)



## Step. Lock. Shuffle Forward. Rock Forward. Recover. Shuffle Half Turn.

- 1 - 2 Step forward Right. lock Left behind Right.  
3&4 Shuffle forward stepping - Right. Left. Right.  
5 - 6 Rock forward on Left . recover back on Right.  
7&8 Shuffle half turning Left stepping - Left. Right. Left.

## Step. Lock . Shuffle Forward. Rock Forward. Recover. Sailor Quarter Turn Left.

- 1 - 2 Step forward Right. lock Left behind Right.  
3&4 Shuffle forward stepping - Right. Left. Right.  
5 - 6 Rock forward on Left. recover back on Right.  
7&8 Turn quarter Left stepping - Left. Right. Left. (this describes a quarter turn into a chasse Left not a sailor quarter turn)

## Cross Rock. Recover. Chasse Right. Rock Back. Recover. Kick-Ball-Cross.

- 1 - 2 Cross rock Right over Left. recover back on Left.  
3&4 Chasse to Right stepping - Left. Left. Right  
5 - 6 Rock back on Left. recover forward on Right,  
7&8 Kick Left foot. step onto Left. cross over with Right

## Side. Behind. Ball-Step. Cross. Kick-Ball-Change. Paddle Quarter Turn

- 1 - 2 Step Left to Left side. step behind with Right.  
&3-4 Step onto ball of Left foot. cross Right over. step Left to side.  
5&6 Kick Right. step onto ball of Right foot. step onto Left foot.  
7 - 8 Step forward Right. quarter turn Left

## Cross Point. Cross. Point. Rock Forward. Recover. Coaster-Step.

- 1 - 2 Cross Right over Left. point Left to Left side.  
3 - 4 Cross Left over Right. point Right to Right side.  
5 - 6 Rock forward on Right. back on Left.  
7&8 Step back Right. Step Left beside Right. Step forward Right.

## Rock Forward. Recover. Shuffle Half Turn. Jazz-Box.

- 1 - 2 Rock forward Left. recover back on Right.  
3&4 Shuffle half turn Left stepping - Left. Right. Left.  
5 - 8 Cross Right over. step back on Left. step Right to Right side. touch Left foot to Right foot.

## Start Again

### Tag on walls 2,4,6,9

Repeat cross points x2 rock recover coaster step. rock recover. shuffle half turn Left kick ball change. walk Right on Left.

### Restarts:-

On wall 5&8 after 32 counts (after paddle steps)

On wall 10 dance to counts 28 then sailor quarter turn step Left across Right. on the diagonal finish

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